

# in • VOLved

Carlsbad Community Volunteers • January 2007

## SPECIAL OPPORTUNITIES

Area code 760 unless otherwise noted.

### CityStuff

Teach lessons about local government to third graders in Carlsbad schools. Volunteers receive a three-hour training that prepares them to give 6 hands-on lessons based on superb materials developed by Junior Achievement and the City of Carlsbad. Contact Marilyn at 439-3716 or [wrt4fn@cox.net](mailto:wrt4fn@cox.net).

### Beautify the Grove



Start your St. Patrick's Day off right by planting trees, dragging brush and helping beautify Hosp Grove. Join hundreds of your neighbors on Saturday, March 17 at Hosp Grove. Contact Sue at 434-2906 or [sirey@ci.carlsbad.ca.us](mailto:sirey@ci.carlsbad.ca.us).

### Scribes Needed

The Recreation Department wants to know what the citizens of Carlsbad think about their programs. To find out, they are planning four focus group meetings in February. Five "scribes" are needed at each meeting to take notes and capture the comments of the attendees. Please help the City refine and revise their Recreation programs. Contact Gail at 602-4682 or [glynn@ci.carlsbad.ca.us](mailto:glynn@ci.carlsbad.ca.us).

- Tuesday, February 6 at 5:30 pm, Stagecoach Community Center
- Thursday, February 15 at 5:30 pm, Pacific Rim Elementary
- Wednesday, February 21 at 5:30 pm, Calavera Hills Community Center
- Saturday, February 24 at 9:30 am, Cole Library

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## You Are Not Alone

**The You Are Not Alone Program is a low-key, friendly way to give homebound and elderly citizens a greater sense of security.**



**T**he You Are Not Alone (YANA) Program is a low-key, friendly way to give homebound and elderly citizens a greater sense of security. Members of Carlsbad's Senior Volunteer Patrol make daily phone calls to each YANA client, asking if all is well. If no answer is received, SVP members go to the home to check on the client's status.



In the last three months, this program has proven that it is a crucial, life-saving service for those with limited outside contact.

When SVP members Henry Lorch and Art Tiscareno could not reach a client, they drove to her home and discovered her lying on the floor, partially paralyzed, and having difficulty speaking. They summoned paramedics who transported her to the hospital. She is now recovering from her illness.

On November 13, Sally Burgess and Betty Fitzpatrick grew alarmed when their client did not greet them at the door. They immediately contacted the apartment manager who let them in. The seriously ill client required immediate hospitalization. She passed away a few days later surrounded by family,

instead of alone in her apartment.

In December, Art Oberman and Jerry Jones checked in on a client who was seriously ill. Thanks to the YANA program, she received life-saving care.

Program Coordinator Glenn Peterson said, "While expressing their appreciation, relatives have stated that without the YANA Program, their family member would probably have died."

Designed as a lifeline for those who need someone checking on their welfare daily, the YANA program also keeps the clients connected to their community through weekly home visitations. These visits allow the SVP members to assess living conditions for safety concerns and meet the clients face-to-face.

*"Whatever you can do, or think you can, begin it. Boldness has power and genius and magic in it." Goethe*



## Glenn Peterson Connects with Carlsbad

Glenn Peterson's quest for interesting and meaningful volunteer work led him to coordinating the You Are Not Alone (YANA) program. For this program, Senior Volunteer Patrol members call each client signed up for YANA every morning. If no answer is received, patrol members go to the client's home to ensure their safety.

**Glenn's quest for interesting and meaningful volunteer work led him to coordinating the You Are Not Alone (YANA) program.**

Glenn began improving the program by documenting and augmenting the emergency and "no-response" guidelines. He also began making birthday cards, signed by SVP members, for each YANA client.

Another area of change involved ensuring the accuracy of family contact information on file for YANA clients.

He learned first-hand how important this information is. Glenn had called a family member of a hospitalized client to check after her well-being, only to discover that the family was unaware of her illness. Because of his follow-up, the family was able to support their family member during her last few days.

Initially, Glenn planned to coordinate the YANA Program for six months. It's been such a rewarding experience he plans to continue.



## SPECIAL OPPORTUNITIES

*Continued from front*

### Multicultural Festival

Musical performances from all over the world are the highlight of the Multicultural Festival. You may assist the performers in a variety of ways (carry costumes, deliver a message, etc.) and help seat over 200 people. Then enjoy the performances yourself. Contact Colleen at 434-2900 or [cfinn@ci.carlsbad.ca.us](mailto:cfinn@ci.carlsbad.ca.us).

- Wednesday, March 7, 8-11 am, Harding Community Center
- Thursday, March 8, 8-11 am, Carlsbad High School Cultural Center

### Carlsbad Loves Kidz

At this brand new event, the Carlsbad Recreation Department will showcase their great summer camps and programs. Help the staff demonstrate tantalizing tidbits of these exciting programs on Saturday, March 24 at Stagecoach Park from 10:30 am-2:30 pm. Contact Rachael at 602-7519 or [rshay@ci.carlsbad.ca.us](mailto:rshay@ci.carlsbad.ca.us).

## Personal Health Enhanced When We Serve Others

Just as proper diet and exercise promote good health, we now have evidence that a healthy lifestyle should include a dose of volunteering. It benefits both those who are served by it and those who serve.



According to Harvard Cardiologist Herbert Benson, the health benefits of doing good things for others are similar to those experienced by anyone who practices yoga, spirituality and meditation, namely, a slowing down of heart rate and a decrease in blood pressure.

The key may lie in the sense of calmness that comes from helping others, also known as the "helpers high." These feelings reinforce the sense that one's life has purpose, which in turn enhances self-esteem.

Participation in voluntary service also

- **increases endorphin production resulting in a heightened sense of well-being**
- **boosts immune system and nervous system functioning;**
- **buffers the effects of life's stresses; and**
- **overcomes social isolation.**

The new prescription for good health: eat wisely, exercise regularly and volunteer.

## CARLSBAD NEWS FOR YOU

### Cannon Art Gallery

Enjoy the work of local San Diego County artists at the Juried Biennial Exhibition through March 4. The Cannon Art Gallery is located in the Carlsbad City Library complex at 1775 Dove Lane (off of El Camino Real, just north of Aviara Parkway) and is open Tuesday-Saturday 11am-5pm and Sunday 1pm-5pm.



### House Calls for Hazardous Waste

The City of Carlsbad contracted with Clean Harbors to collect Household Hazardous Waste material from residents' homes.

This service is by appointment only. Please call Clean Harbors at (800) 444-4244 to schedule collection. Your \$10 co-payment is good for up to 15 gallons or 125 lbs. of materials. These materials include:

- **Electronic Waste • Household Cleaners**
- **Paint • Batteries • Used Motor Oil and Filters**
- **Pool Cleaners • Fluorescent Bulbs**

### Graffiti Hotline: 434-6700

If you would like to report graffiti on public property please leave a message on the graffiti hotline. Graffiti eradication occurs weekly on Mondays. The City may not remove graffiti on private property. If you see someone placing graffiti, please call the Carlsbad Police Department dispatch at 431-2197.

### Dispatchers Honored as Heroes

Carlsbad Police Department dispatchers Bev Felt and Ursula Truebe were recognized in November by the San Diego County Trauma Intervention Program (TIP) as "Heroes on Scene" for their caring and compassionate handling of suicidal callers.



City of Carlsbad Volunteer Program  
Sue Irey • Volunteer Coordinator  
[sirey@ci.carlsbad.ca.us](mailto:sirey@ci.carlsbad.ca.us)  
(760) 434-2929